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# INFORMATION FOR THE PRESS



## U. S. DEPARTMENT OF AGRICULTURE OFFICE OF INFORMATION PRESS SERVICE



WASHINGTON. D. C.

RELEASE FOR PUBLICATION  
SEPTEMBER 7, 1932 (WEDNESDAY)

*Chaffield  
Akaua  
Samuels*

### THE MARKET BASKET

by

The Bureau of Home Economics, U. S. Department of Agriculture

#### FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

Every meal -- Milk for children, bread for all.

Every day --

Two to four times a week --

Cereal in porridge or pudding	:	Tomatoes for all
Potatoes	:	Dried beans and peas or peanuts
Tomatoes (or oranges) for children	:	Eggs (especially for children)
A green or yellow vegetable	:	Lean meat, fish, or poultry or
A fruit or additional vegetable		cheese
Milk for all		

#### HOME-GROWN TOMATOES PLENTIFUL NOW

Fresh, homegrown tomatoes, luscious because ripened on the vine, are now both plentiful and cheap. In many States and cities that must depend upon shipments in other parts of the year, the tomato crop is now at its peak, and tomatoes are selling at their lowest prices. The Bureau of Home Economics directs attention to this opportunity because tomatoes have a special value in any low-cost diet.

The tomato was popular long before housewives understood its great importance in the diet. Now, because of the essential food substances it contains, it is considered one of the most valuable foods in the American diet. Thus popularity and importance combine to make a demand to which producers have responded with large tomato crops. Tomato production in the United States now runs to more than four

the first time in the history of the world, the  
whole of the human race has been gathered  
together in one place, and that is the  
present meeting of the General Assembly.  
The General Assembly is the highest organ  
of the League of Nations, and it is composed  
of all the member states of the League. It  
is the duty of the General Assembly to  
consider and decide upon important  
matters of international concern, such as  
the maintenance of peace and security,  
the promotion of economic development,  
and the protection of human rights.  
The General Assembly also has the power  
to adopt resolutions and recommendations  
on various issues, and to take other  
actions as may be necessary to carry out  
its mandate. The General Assembly is  
a very important body, and its work  
is of great significance for the world.  
It is a symbol of international cooperation  
and a source of hope for a better future.  
The General Assembly is a reminder  
that we are all interconnected and  
dependent on each other, and that  
we must work together to build a  
better world for all.

billion pounds a year for market and canning purposes only, not including the tomatoes grown in home gardens for home use.

The food values of the tomato are much the same as those of the orange, grapefruit, and other citrus fruits. It is rich in vitamins A, B, and C, and even when cooked or canned it retains its vitamin values. This gives it especial importance as a source of vitamins B and C, because these two vitamins are usually destroyed by heating. The acid of the tomato prevents that loss when tomatoes are cooked or canned.

From the homemaker's standpoint, the tomato is a satisfactory article of food because it can be used in so many ways. Raw, cooked, or canned, it furnishes a welcome contrast to many other vegetables, both in flavor and color. And it can be served at any meal or in any part of any meal. It is the only common vegetable that may be safely canned at home without a pressure cooker. Thus it can be put away for use in winter when fresh vegetables and fruits, the only other equally good sources of vitamin C, may be out of season or out of reach because of cost.

Of tomato dishes there are literally scores, partly because tomatoes combine so well with other foods of so many kinds. They may be cooked with meat-- swiss steak, for instance; or they may be cut in half and baked on a slice of ham. Stuffed and baked, and served with grated cheese, they make an appetizing main dish for dinner, lunch, or supper. Tomatoes, corn, and cheese on toast make a combination of food values amounting to a whole meal in one dish. Raw tomatoes stuffed with cole slaw; or stuffed with chopped cooked meat and chopped celery or chopped cabbage; or with canned salmon and chopped celery or cabbage; provide still more vitamins, with sustenance of other kinds besides. A salad of tomatoes and cottage cheese, or of sliced tomatoes and sliced hard-cooked egg, is another dish rich in vitamins, protein and minerals as well.

For babies, and for everybody, one of the most useful and convenient items on

17. 1. 1858

Dear Sirs  
I have the pleasure to inform you that I have just now  
arrived at New York and expect to remain there until the  
1st of March. I will then proceed to Boston and New  
Hampshire, and return to New York about the 15th of April.  
I will be at your disposal for any information you may  
desire respecting the country through which I pass,  
and will be happy to call on you at any time during my stay  
in New York.

the modern American menu is tomato juice. Plain tomato juice or orange juice for the baby, say the nutritionists, are equally good, and one or the other is very necessary, for the baby's food would otherwise be very deficient in vitamin C. For the rest of the family, tomato juice cocktail is more interesting, and this may be made in a dozen ways, according to taste in seasonings. One simple combination is tomato juice and sauerkraut juice, in proportions according to taste. Other cocktails are flavored with onion, celery, tomato catsup, or horseradish.

Then there are the green tomato possibilities -- some of them quite as attractive as ripe tomato dishes. Merely to mention fried green tomatoes, green tomato pickles, or green tomato pie is proof of that.

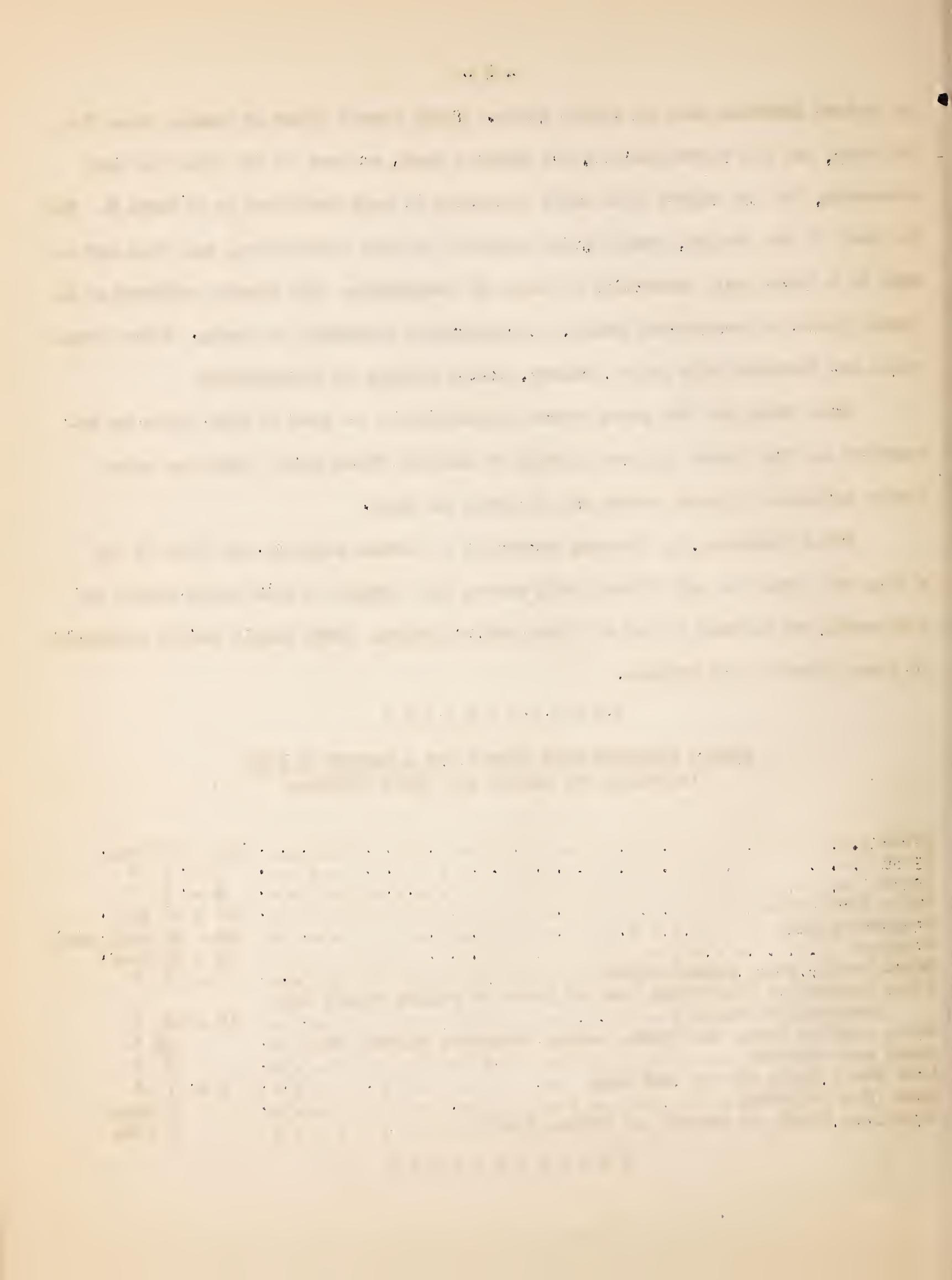
Fried tomatoes, by the way, according to bureau experts, are best if the slices are dipped in egg diluted with water, then dipped in fine bread crumbs or corn meal, and allowed to dry a little before frying. Many people prefer underripe or green tomatoes for frying.

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WEEKLY LOW-COST FOOD SUPPLY FOR A FAMILY OF FIVE  
including two adults and three children

Bread . . . . .	12 - 16 lbs.
Flour . . . . .	1 - 2 "
Cereal . . . . .	4 - 6 "
Whole fresh milk, or	23 - 28 qts.
Evaporated milk . . . . .	23 - 28 tall cans
Potatoes . . . . .	15 - 20 lbs.
Dried beans, peas, peanut butter . . . . .	1 - 2 "
Other vegetables (including some of green or yellow color) and inexpensive fruits . . . . .	15 - 18 "
Fats, such as lard, salt pork, bacon, margarin, butter, etc. . .	2½ "
Sugar and molasses . . . . .	3 "
Lean meat, fish, cheese, and eggs . . . . .	5 - 7 "
Eggs (for children) . . . . .	8 eggs
Tomatoes, fresh, or canned, or citrus fruit . . . . .	6 lbs.

\* \* \* \* \*



- 4 -  
MENU FOR ONE DAY

Breakfast

Hot Cereal

Fried Tomatoes - Bread and Butter

Tomato Juice for Baby

Coffee (adults) - Milk (children)

Dinner

Pot Roast with Potatoes, Carrots, and Onions

Whole Wheat Bread and Butter

Sliced ripe Bananas and Top Milk

Hot Tea (adults) - Milk (children)

Supper

Tomato, Corn, and Cheese on Toast

Milk for all

Cookies

- - - - -  
RECIPES

Tomato, Corn, and Cheese on Toast

3 tablespoons flour

2 cups tomatoes, fresh cooked or

3 tablespoons melted butter or

canned

other fat

2 cups corn, fresh cooked or canned

1 onion, sliced

2 teaspoons salt

1/4 pound sharp cheese, shaved thin

Brown the flour in a frying pan, remove the flour from the frying pan and blend with 2 tablespoons of the fat. Brown the onion in the remaining fat, add the other ingredients except the cheese, and cook for about 10 minutes. Stir in the cheese and when melted serve on thin crisp toast.

Broiled Tomatoes

Wash tomatoes, remove stem ends, cut in half, put in a greased shallow baking dish, add salt, pepper, and melted butter or other fat to season, and place under the flame of a broiling oven, far enough from the heat to allow the tomatoes to cook before browning. Broil for 20 to 30 minutes, or until tender and lightly browned. Serve hot, garnished with parsley on crisp buttered toast.

Baked Eggs in Tomato Cups

Scoop out the centers of large, firm, ripe tomatoes. Sprinkle the tomato cups lightly on the inside with salt and dot with butter. Break an egg into each tomato, sprinkle with salt, pepper, and fine dry bread crumbs, and dot with butter. Bake in a moderate oven (350°F.) until the tomato skins are slightly wrinkled.

Stuffed Tomato Salad

Select large ripe tomatoes. Skin the tomatoes, cut a round piece from the stem end, and remove enough of the pulp to make a cup. Season inside with salt, turn the tomatoes upside down to drain, and place in the refrigerator until time to serve. If a hearty salad is desired, stuff the tomato shells with cottage cheese, or a filling of chopped cooked meat, fish, or crab meat, diced cucumber, chopped celery or some cooked green vegetable, the tomato pulp, and thick salad dressing. For a less substantial salad, use only vegetables in the stuffing. Fill the shells with the mixture, add a spoonful of dressing on the top of each stuffed tomato, and serve on crisp lettuce leaves.

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# INFORMATION FOR THE PRESS



## U. S. DEPARTMENT OF AGRICULTURE OFFICE OF INFORMATION PRESS SERVICE



WASHINGTON D. C.

RELEASE FOR PUBLICATION  
SEPTEMBER 14, 1932 (WEDNESDAY)

*Chatfield  
Adams  
Lemuel*

### THE MARKET BASKET

by

The Bureau of Home Economics, U. S. Department of Agriculture

- - -

### FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

Every meal -- Milk for children, bread for all

Every day --	Two to four times a week --
Cereal in porridge or pudding	Tomatoes for all
Potatoes	Dried beans and peas or peanuts
Tomatoes (or oranges) for children	Eggs (especially for children)
A green or yellow vegetable	Lean meat, fish, or poultry or
A fruit or additional vegetable	cheese
Milk for all	

### SOYBEANS, COWPEAS AND OTHER CHEAP, NUTRITIOUS BEAN CROPS

Some of the most nutritious vegetable foods for human beings are often grown primarily for other purposes, coming but gradually into table use. Or sometimes a scarcity of other food speeds up the recognition of the kinds least known, which may thus be cheaper because so long ignored.

This is true of the soybean in the United States, says the Bureau of Home Economics of the U. S. Department of Agriculture, and to a considerable extent it is true of the common cowpea. In this country both of these excellent foods are grown chiefly as cover crops, or as feed for farm livestock. The soybean in its native Orient, however, ranks next to rice as a food crop, and because of its high protein value, is the oriental substitute for meat.

The cowpea, common in the southern part of the United States, is grown there primarily for forage and soil enrichment, but it is eaten in considerable

100 - 0-37

quantities, and one variety, the blackeyed pea, is grown for market. Thus the soybean and the cowpea furnish a valuable food which as a sort of by-product is very cheap in the districts where these crops are grown. Soybeans and cowpeas are also on sale in the stores and markets in some communities.

The soybean is so rich in high quality protein, and contains so much fat, that oriental peoples make substitutes for milk and for cheese from the ground beans. It is also rich in calcium and food iron, and has a considerable vitamin content, especially of vitamin B. But soybeans contain only a trace of starch, and can therefore be used in the same meal with rice, hominy grits, or other starchy foods. Because of their lack of starch, soybeans have been recommended as food for diabetics, and soybean meal and bread are made and sold for this purpose.

Yellow, brown, and green varieties of soybeans are excellent for use as green vegetables and can be cooked like Lima beans or any other of the varieties of beans used green. The green beans shell more easily if the pods are first boiled for about three minutes. The average cooking time (boiling or steaming) for the green beans is about 50 minutes, and they may then be served simply with melted butter or white sauce, or they may be scalloped, or used in salad. Scalloped green soybeans with tomatoes or tomato sauce is another good variation.

Dried soybeans can be prepared in much the same way as navy and other dried beans. The dried soybeans, however, require longer soaking and much more cooking than the familiar varieties of beans. In general, dried soybeans should be soaked 24 hours and cooked for at least two hours. The time varies considerably, however, with the dryness of the bean and the variety. As a rule, it is better to simmer than to boil soybeans rapidly. Since they are very rich in fat, they do not require additional fat in cooking, but some persons prefer to add a little meat fat or butter because of the flavor.

Soybean sprouts make a good green salad for winter. The sprouting may be done in the kitchen by first soaking the beans over night, and then putting the dried beans in a strainer or colander, in which they are kept covered, in a warm place, and are flooded with warm water four or five times a day.



The sprouts will appear in four to six days, and should be used when they are about an inch long.

All the beans and peas belong to that highly useful group of plants called legumes. Their peculiar value lies in the variety of food substances they contain, and in their cheapness. All are rich in protein (though not the "complete" proteins of milk, cheese, and meat), iron, phosphorus, and vitamin B. None, however, are so rich in these values as the soybean.

Cowpeas are usually served just as other beans and peas are served. Boiled or baked or scalloped cowpeas, with strips of bacon across the top, make a highly nutritious and very appetizing main dish for a meatless meal.

At this time of year there are other incidental crops of beans that are worth remembering. These are the late garden beans of different varieties -- "horticultural beans", "Kentucky wonders", "yard-long beans", "lazy wife", "cornfield beans", and other beans that have matured on the vines but are not thoroughly dried. These are easily shelled and require much less cooking time than dried beans. They may be seasoned with butter or served with white sauce or tomato sauce, as suggested for soybeans.

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WEEKLY LOW-COST FOOD SUPPLY FOR A FAMILY OF FIVE  
including two adults and three children

Bread . . . . .	12 - 16	lbs.
Flour . . . . .	1 - 2	"
Cereal . . . . .	4 - 6	"
Whole fresh milk, or	23 - 28	qts.
Evaporated milk . . . . .	23 - 28	tall cans
Potatoes . . . . .	15 - 20	lbs.
Dried beans, peas, peanut butter . . . . .	1 - 2	"
Tomatoes, fresh or canned, or citrus fruits . . . . .	6	"
Other vegetables (including some of green or yellow color) and inexpensive fruits . . . . .	15 - 18	"
Fats, such as lard, salt pork, bacon, margarin, butter, etc. . . .	2 $\frac{1}{2}$	"
Sugar and molasses . . . . .	3	"
Lean meat, fish, cheese, and eggs . . . . .	5 - 7	"
Eggs (for children) . . . . .	8	eggs



MENU FOR ONE DAY

Breakfast

Cereal - Top Milk - Toast  
Tomato Juice for youngest child  
Coffee (adults) - Milk (children)

Dinner

Scalloped Green Soybeans - Sliced Tomatoes  
OR  
Scalloped Green Cowpeas - Rice and Tomatoes  
Rye Bread and Butter  
Melon or Grapes  
Coffee (adults) - Milk (children)

Supper

Creamed Mixed Vegetables  
(Potatoes, Carrots, and Cabbage)  
Bread and Butter  
Milk for all

RECIPES

Scalloped Green Soybeans

3 cups green soybeans	6 tablespoons flour
Water	1 cup bread crumbs
3 cups milk	1 teaspoon salt
6 tablespoons fat	Pepper

Cook the beans until soft (probably 50 minutes). Heat the milk to scalding point and thicken with a paste made from the fat and flour. Add this to the beans together with the seasonings. Place in a baking dish and cover with bread crumbs. Bake until crumbs are browned and mixture is heated through.

Scalloped Peas, Rice, and Tomatoes

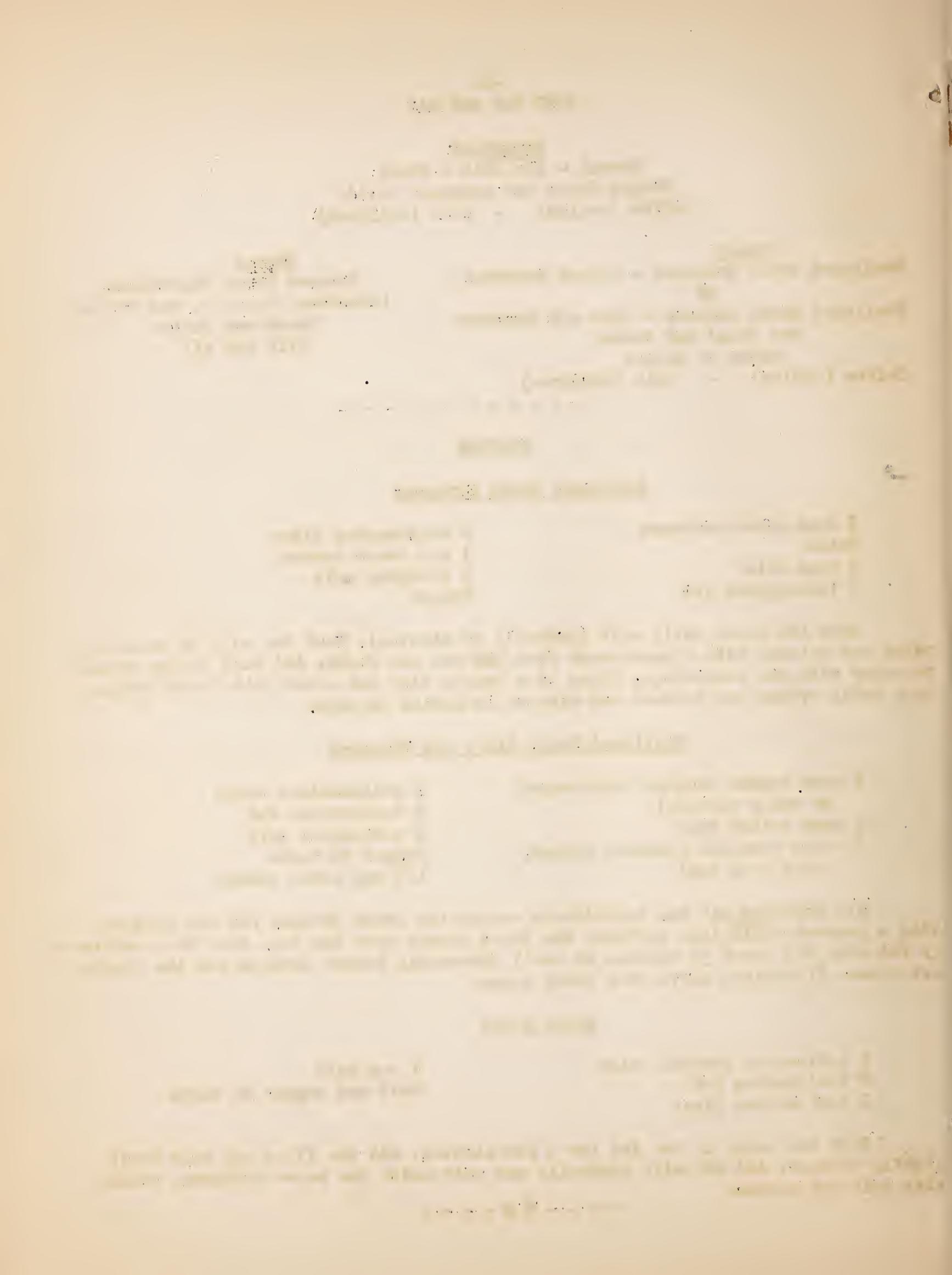
2 cups cooked cowpeas (black-eyed or other variety)	1 medium-sized onion
2 cups boiled rice	2 tablespoons fat
2½ cups tomatoes (cooked, canned, or sliced raw)	1 tablespoon salt
	Pepper to taste
	1/2 cup bread crumbs

Mix together all the ingredients except the bread crumbs. Put the mixture into a greased baking dish and sprinkle the bread crumbs over the top. Bake in a moderately hot oven for about 35 minutes or until thoroughly heated through and the crumbs are brown. If desired serve with brown sauce.

Brown Sauce

1 tablespoon chopped onion	1 cup milk
2 tablespoons fat	Salt and pepper to taste
2 tablespoons flour	

Cook the onion in the fat for a few minutes, add the flour and stir until lightly browned. Add the milk gradually and stir until the sauce thickens. Season with salt and pepper.



# INFORMATION FOR THE PRESS



## U. S. DEPARTMENT OF AGRICULTURE OFFICE OF INFORMATION PRESS SERVICE



WASHINGTON, D. C.

RELEASE FOR PUBLICATION  
SEPTEMBER 21, 1932 (WEDNESDAY)

### THE MARKET BASKET

by

The Bureau of Home Economics, U. S. Department of Agriculture.

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### FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

Every meal --	Milk for children, bread for all
Every day --	Two to four times a week --
Cereal in porridge or pudding	Tomatoes for all
Potatoes	Dried beans and peas or peanuts
Tomatoes (or oranges) for children	Eggs (especially for children)
A green or yellow vegetable	Lean meat, fish, or poultry or
A fruit or additional vegetable	cheese
Milk for all	

### THE SCHOOL DAY LUNCH

Returning school-days bring back the problem of the school-day lunch.

School cafeterias lessen the lunch problem for some mothers but most children must carry lunch to school or come home to eat it. What, then, shall they have for lunch?

Growing children, food specialists say, have special needs in the way of food. Even when they eat all their meals at home, it is no easy matter to see that they are properly fed, and when they eat part of their meals at school, the difficulty is far greater. This, the bureau points out, is not because healthfulness and cleanliness are more important in this meal than in any other, but because they are harder to secure. It is not easy to keep food clean and attractive when it must be packed and carried to school.

Unfortunately, too, most of the foods that children need for the develop-

London Oct 11 1878

Dear Sirs  
I have the pleasure to inform you that I have

ment of strong healthy bodies cost more than some of the foods that are more filling. Many families can not afford unlimited quantities of milk, eggs, butter, fruits, and vegetables. Cereals and sugar are cheaper, they furnish more body fuel, and are more filling. So these carbohydrate foods are relied on to a great extent—often to a much greater extent than is healthful. In fact, in the light of present knowledge of the requirements of the human body in childhood, one of the worst diets that could be devised would be made up chiefly of bread and sweets.

It is feasible, however, the bureau says, to keep down the cost of the diet by getting a large part of the necessary fuel from those cheapest sources, provided proper quantities of other necessary foods are supplied first; that is, if each child has each day a pint and a half or a quart of milk, at least a serving of tomato, or an orange, a green-colored vegetable, and an ounce of butter.

At many schools where no lunches are served, the children can get milk. In such cases, the rest of the lunch is less of a problem. If the child can not get milk at school, and can not carry it to school, then more care is necessary to balance his daily diet. A cheese sandwich -- cottage cheese, cream, or American cheddar -- with plenty of butter, will help to meet the child's requirements for calcium and vitamin A otherwise supplied by milk. A fresh tomato, an orange, or other fruit -- always desirable -- are the more important if the child must do out with/milk at lunch.

With waxed paper, paper napkins, paper cups, plates and covered containers, nowadays so cheap, the paper bag has largely taken the place of the school lunch box or lunch basket. This makes for cleanliness and convenience in packing the lunch.

In hot weather, the use of soft, moist foods should be avoided. Although chopped meat moistened with a dressing of some kind makes a good sandwich filling, such foods are less desirable in hot weather than slices of meat, peanut butter, cheese, or other foods, which are not so likely to spoil.

For lunches to be carried to school, the following suggestions are offered:



Suggested Lunches to Carry to School

(1) Sandwiches with scrambled egg filling and lettuce. A firm tomato. Cookies. Milk.

(2) Chopped cold cooked meat sandwiches, filling moistened with chili sauce, lettuce leaf. Apple or grapes. Milk.

(3) Sandwiches filled with cottage cheese salted and mixed with any of these: Chow chow, chili sauce, chopped dill pickle, green pepper, celery, parsley, onion, or other salad vegetable, chopped nuts. Cup cake. Milk.

(4) Peanut butter sandwiches--or ground shelled roasted peanuts moistened with cream or top milk--on whole wheat bread. Raw crisp cucumber sticks or celery. Cup custard or rice pudding. Milk.

(5) Sandwiches of dried beef "frizzled" in butter, with crisp lettuce, cress or chopped parsley. Banana or dried fruit. Milk.

(6) Baked bean sandwiches on brown bread, the beans moistened with chili sauce or catsup and mashed to a smooth paste. Raw carrot sticks, raisins. Milk.

For school day lunches at home, here are some suggestions:

(1) Baked potato and bacon. Fresh tomato and lettuce. Bread and butter. Milk. Muskmelon.

(2) Milk-vegetable soup. Scalloped cabbage and apples. Buttered toast. Milk. Raisin cup cake.

(3) Brown rice. Buttered kale. Milk. Stewed dried apricots. Oatmeal cookie.

(4) Sieved Lima beans with bacon. Baked tomato. Bread and butter. Milk. Apple brown betty or apple sauce.

(5) Creamed fish with vegetables. Buttered toast. Milk. Peach or apple tapioca.

(6) Scrambled eggs. Panned cabbage. Toast. Milk. Fruit gelatin.

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WEEKLY LOW-COST FOOD SUPPLY FOR A FAMILY OF FIVE  
including two adults and three children

Bread.....	12	-	16	lbs.
Flour.....	1	-	2	"
Cereal.....	4	-	6	"
Whole fresh milk, or.....	23	-	28	qts.
Evaporated milk.....	23	-	28	tall cans
Potatoes.....	15	-	20	lbs.
Dried beans, peas, peanut butter.....	1	-	2	"
Tomatoes, fresh or canned, or citrus fruits.....			6	"
Other vegetables (including some of green or yellow color) and inexpensive fruits.....	15	-	18	"
Fats, such as lard, salt pork, bacon, margarin, butter, etc. ...			$2\frac{1}{2}$	"



Sugar and molasses.....	3 lbs.
Lean meat, fish, cheese, and eggs.....	5 - 7 "
Eggs (for children).....	8 eggs

### LOW-COST MENU FOR A SCHOOL DAY

#### Breakfast

Whole grain cereal - Toast  
Coffee (adults) - Milk (children)

#### Lunch Carried to School

Baked Bean and Catsup Sandwiches  
on Whole Wheat or Brown Bread  
Raw Carrot Sticks  
Raisins - Milk

#### Noon-Day Meal at Home

Baked Beans - Catsup  
Chopped or Ground Raw Carrot Salad  
Whole Wheat Bread and Butter  
Stewed Raisins or Prunes  
Milk for children

#### Supper

Scrambled Eggs - Fried Potatoes  
Rolls and Butter - Jelly  
Milk for all

### RECIPES

#### Boston Brown Bread

1 cup corn meal and 1 cup rye meal,  
or 2 cups corn meal  
1 cup Graham flour  
1 teaspoon salt  
3/4 cup molasses

2 cups sour milk, and 1 $\frac{1}{2}$  teaspoons  
soda, or 2 cups sweet milk,  $\frac{1}{4}$   
teaspoon soda, and 4 teaspoons  
baking powder

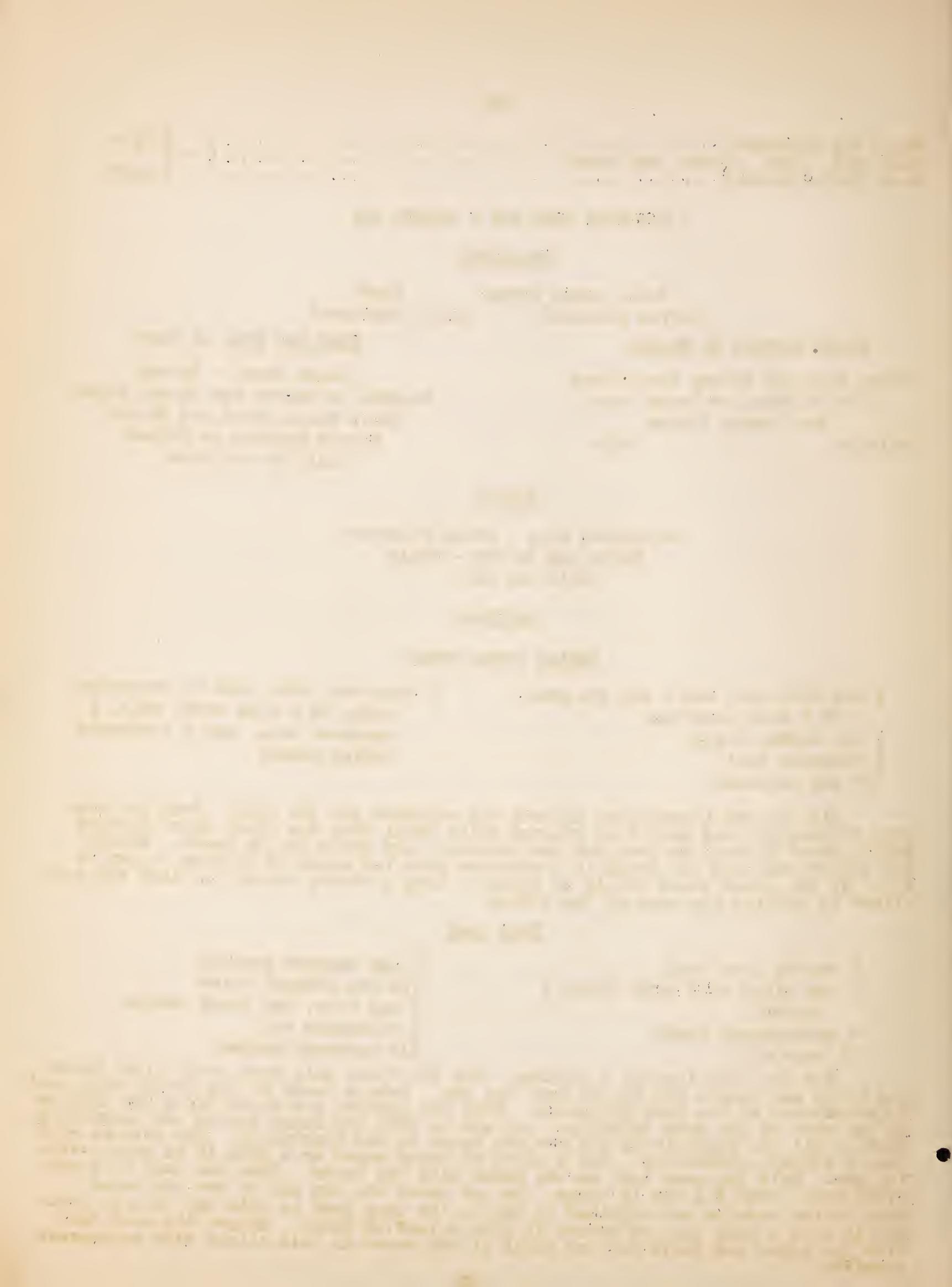
Mix the dry ingredients and add the molasses and the milk. Beat the mixture thoroughly, and pour into greased molds until they are about three-fourths full. Cover loosely to keep out the moisture, and steam for 3 $\frac{1}{2}$  hours. Remove the covers and bake the bread in a moderate oven for about 10 minutes to dry it off. If the bread seems likely to crumble, loop a string around the loaf and cut slices by pulling the ends of the string.

#### Beef Loaf

2 pounds lean beef  
1 cup diced salt pork (about  $\frac{1}{2}$   
pound)  
4 tablespoons flour  
1 $\frac{1}{2}$  cups milk

1 cup chopped parsley  
1/4 cup chopped onion  
1 cup fine, dry bread crumbs  
2 teaspoons salt  
1/8 teaspoon pepper

Put the meat through a grinder. Fry the diced salt pork until light brown and crisp and remove the pieces from the pan. Make a sauce of the flour, milk, and 3 tablespoons of the pork drippings. Cook the parsley and onion for a few minutes in the rest of the pork drippings, and add to this the bread crumbs and seasonings. Combine all the ingredients and use the hands to mix thoroughly. The mixture will have a sticky consistency. Lay a piece of heavy paper on a rack in an open roasting pan. Mold the meat loaf on the paper with the hands. Bake the loaf in a moderate oven (350° F.) for 1 $\frac{1}{2}$  hours. Do not cover the pan and do not add water. Much better results are obtained by making the meat loaf in this way than by packing it into a deep pan and baking it like a loaf of bread. Remove the meat loaf from the paper and serve hot, or chill it and serve in thin slices with watercress garnish.



# INFORMATION FOR THE PRESS



## U. S. DEPARTMENT OF AGRICULTURE OFFICE OF INFORMATION PRESS SERVICE



WASHINGTON D. C.

RELEASE FOR PUBLICATION  
SEPTEMBER 28, 1932 (WEDNESDAY)

### THE MARKET BASKET

by

The Bureau of Home Economics, U. S. Department of Agriculture

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### FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

Every meal -- Milk for children, bread for all.

Every day --	Two to four times a week --
Cereal in porridge or pudding	Tomatoes for all
Potatoes	Dried beans and peas or peanuts
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A fruit or additional vegetable	cheese
Milk for all	

### GRAPES ARE RIPE AND PLENTIFUL

Grapes for grape juice, jams, and jellies are coming along at their best just now. These are the native American grapes, grown in the Eastern, South-eastern, Northern, and Central States. They are plentiful and cheap in local markets, and are coming in large shipments from the great grape-growing States of New York, Pennsylvania, and Michigan. More than a quarter of a million tons, or half a billion pounds, of native grapes are produced east of the Rocky Mountains each year, in addition to the product of California and far-western States, which grow several times as many of their special kinds of grapes.

It is the housewife's opportunity to provide at small expense a store of grape juice, grape jelly, grape butter, and grape marmalade for winter, as well as to serve her family now with fresh grapes for breakfast or dinner, and grape



pie or grape pudding at either the midday or the evening meal.

East of the Rockies, the native American grapes are almost the only varieties cultivated for market--Concord, Catawba, Niagara, Worden, Delaware in the North, and the Scuppernong with other Muscadine varieties in the South, where they flourish wild also. The best known of the native American grapes is the Concord, which provides most of the commercially bottled grape juice. The Pacific slope grows European varieties--Muscat for raisins, Thompson seedless, Malaga, Tokay, Alicante, and other sweet grapes for the table.

Grapes, grape juice, jams or grape jellies add much to the appearance and tempting quality of a meal, but they are not merely decorative. Nutritionists of the Bureau of Home Economics have found that Concord grape skins are a good source of food iron, and the skins, though not usually eaten raw, go into the making of grape juice, jellies and marmalades. Thus grapes may do their bit toward balancing a meal that might otherwise be too heavy with starch, fat, and protein.

The very best grapes for jelly-making, say many expert jelly makers, are wild grapes, which are brought to market by country people, or which may be gathered in the woods or along country lanes. Some wild grapes--fox grapes particularly--rank with currants and crabapples at the top of the list of fruits for jelly because of the pectin, or jelly-making substance, they contain.

Concord grapes, however, are great favorites for any of the purposes the native grapes may serve. Often the juice is bottled and stored for use either as a drink or for making into jelly later on. Delaying the jelly making is one way to overcome the "spikes," or crystals of tartaric acid, that form in grape juice or grape jelly. These crystals are harmless, but they are gritty and spoil the smoothness of the jelly.

When grape jelly is to be made up at once, say the jelly experts of the bureau, there will be fewer "spikes" if the juice is allowed to stand over night. Next day dip it carefully away from the crystals which will have formed on bottom and sides of the bowl, and strain it through a fine cloth.



In the economical household, the pomace of skins and pulp that remain after the juice is extracted usually go into grape butter. One half as much sugar as pomace, a little salt, and spice to taste are added, the mixture is cooked down until thick, and packed boiling hot in sterilized jars.

The bureau offers a recipe for a spiced jelly which goes particularly well with meat; also recipes for a grape conserve, hot spiced grape juice, and a grape tapioca pudding. A delicious grape pie may be made of Concord grapes. The juice and pulp are heated for about 5 minutes, /rubbed through a sieve and thickened with corn starch or flour. The grape skins and some lemon juice are then added and the filling is poured into the crust and baked in a hot oven for about half an hour.

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WEEKLY LOW-COST FOOD SUPPLY FOR A FAMILY OF FIVE  
including two adults and three children

Bread . . . . .	12 - 16	lbs.
Flour . . . . .	1 - 2	"
Cereal . . . . .	4 - 6	"
Whole fresh milk, or . . . . .	23 - 28	qts.
Evaporated milk . . . . .	23 - 28	tall cans
Potatoes . . . . .	15 - 20	lbs.
Dried beans, peas, peanut butter . . . . .	1 - 2	"
Tomatoes, fresh or canned, or citrus fruits . . . . .	6	"
Other vegetables (including some of green or yellow color) and inexpensive fruits . . . . .	15 - 18	"
Fats, such as lard, salt pork, bacon, margarin, butter, etc..	2½	"
Sugar and molasses . . . . .	3	"
Lean meat, fish, cheese, and eggs . . . . .	5 - 7	"
Eggs (for children) . . . . .	8	eggs

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MENU FOR ONE DAY

Breakfast

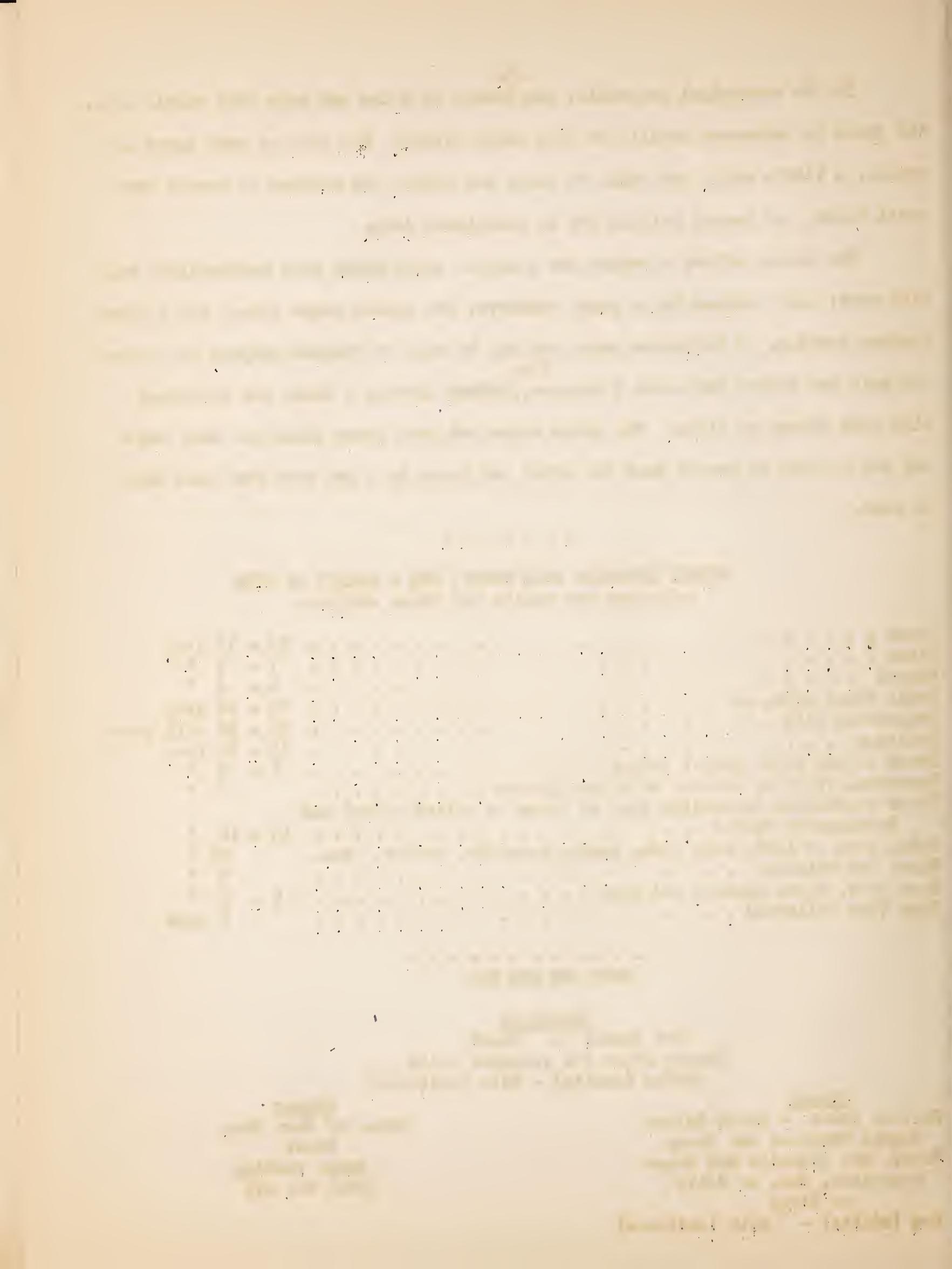
Hot Cereal - Toast  
Tomato Juice for youngest child  
Coffee (adults) - Milk (children)

Dinner

Hamburg Cakes - Fried Onions  
Mashed Potatoes and Gravy.  
Crusty Hot Biscuits and Grape  
Marmalade, Jam, or Jelly  
or Sirup  
Tea (adults) - Milk (children)

Supper

Cream of Corn Soup  
Toast  
Grape Pudding  
Milk for all



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RECIPES

Spiced Grape Jelly

6 pounds stemmed grapes	1 tablespoon cloves
1 cup vinegar	5 pieces stick cinnamon 1 inch long
Sugar	

Cook the grapes, vinegar, and spices together rapidly until the grape seeds show, and stir constantly. Strain through four or five thicknesses of cheesecloth. For each cup of juice add three-fourths of a cup of sugar, and boil rapidly until the test indicates the mixture will jell. Pour into hot sterilized glasses and cover with cheesecloth until set and cold. Cover with a light layer of melted paraffin and when hard add more paraffin, rotating the glass so that a high rim will be formed. Cover, label, and store in a cool place. This jelly is especially good when served with game and other meats.

Grape Conserve

4 pounds Concord grapes	1 cup seedless raisins
2 pounds sugar	1 orange
1/4 teaspoon salt	1 cup finely chopped nuts

Wash and drain the grapes, remove them from the stems, and slip off the skins and keep them separate. Cook the grape pulp for about 10 minutes, or until the seeds show. Press the grape pulp through a sieve to remove the seeds. To the grape pulp add the sugar, salt, raisins, and orange, which has been chopped fine, rind and all, and had the seeds removed. Cook rapidly until the mixture begins to thicken, and stir frequently to prevent sticking. Add the grape skins, cook for 10 minutes longer, or until the conserve is thick. Stir in the chopped nuts, and pour at once into hot sterilized jelly glasses. When cold, cover with melted paraffin, and store in a cool, dry place.

Hot Spiced Grape Juice

1 quart grape juice	12 whole cloves
1/2 cup sugar	1/8 teaspoon salt
12 short pieces stick cinnamon	

Mix all the ingredients, bring to the boiling point, cool, and let stand for several hours. When ready to serve, reheat, remove the spices, and add lemon juice if desired. Serve hot with sandwiches or cookies.

Grapo Tapioca Pudding

1 quart stemmed Concord grapes	1/4 cup quick-cooking tapioca
1 cup water	1/4 teaspoon salt
1 cup sugar	1 tablespoon lemon juice

Cook the grapes and water for about five minutes and press through a sieve to remove the skins and seeds. Add the sugar, tapioca, and salt to the grape juice and pulp and cook for 25 minutes in a double boiler. Add the lemon juice, and let the pudding stand until cold. Serve with top milk.

